

OF SPECIAL INTEREST:

We are currently soliciting directors to serve on next years governing board. If you are qualified and interested, send email to:

info@polkcaregivers.org.

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Medicare and Fraud

There are 6,700 new recipients daily who become eligible for Medicare. The sheer size of the program makes it extremely difficult to track and control unnecessary spending. Many seniors don't bother or don't know how to even read the statements they receive regarding Medicare charges. There are also many instances of errors in billing, waste, and down right fraud. These practices cost us all millions of dollars in taxpayer money that needs to be there when a senior really requires help.

In an effort to enlist more help to combat Medicare

abuse, the government has created a grassroots fraud prevention movement of senior volunteers who are



trained to respond to complaints about Medicare practices. These volunteer consumer protectors fight fraud,

waste, errors, and reduce healthcare costs. Led by a consultant of the Senior Medicare Patrol, the first such training of volunteers was held in the Polk community during August.

Other tools to deter Medicare fraud and abuse include stiffer civil and monetary penalties incorporated in the new National Healthcare Insurance Act.

To report suspicious charges or suspected Medicare billing fraud, call 866.357-6677.

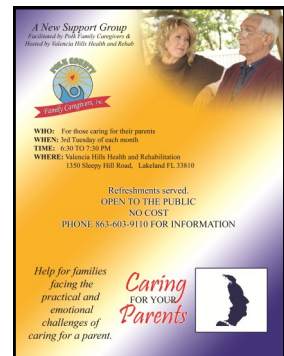
Caring For Your Parents

Taking care of aging parents can be a burdensome and taxing quest for adult children, many of whom are near retirement age themselves.

The severe strain adult children face of watching their parent's health decline can at least be made easier by having a foundation of basic necessary legal documents in

place to protect your parents and your whole family.

Our thanks to Mark Clements, Elder Care Attorney of Clements & Wallace in Lakeland, who recently spoke to the Caring for Parents support group about the complexities of wills, trust, medical power of attorney, DNR orders and other documents



necessary for parent protection.

The monthly ongoing support group hosts many guest speakers and is a good source of free expert advice necessary to care for your parents.

Mulberry Pharmacy Direct Service



Taking the RIGHT dose of the RIGHT medication at the RIGHT time saves lives and money. But that's not always easy to do. That's why our collaborating partners at Mulberry Pharmacy have introduced their new DIRECT SERVICE PROGRAM.

This customized medication prescription program is designed for people taking multiple prescriptions on a daily basis. It uses a unique bubble pack designed to help organize and simplify the way you

track and take your medications.

The program helps eliminate complications that can arise, by providing an alternative to filling weekly pillboxes. Daily prescriptions are presorted and packaged according to dose and times of day. No more wondering if medications were taken correctly.

Added benefits include free delivery and automatic prescription refills, which saves time and reduces stress.

Anyone taking multiple daily medications can qualify and benefit from this program.

Mulberry Pharmacy accepts most insurances, and matches special pricing offered by any competitor.

To learn more about this no added cost program, call 863/425-1101 ext. #253 or 877/425-1101 toll free.

Or click www.mulberrypharmacy.com

“Ask for a trial quantity of new pills when switching to a new medication, until you are sure you want to continue”

Tips About Medications

Because medications are very expensive, one caregiver suggested asking the pharmacist for just a few pills to try first to be sure there aren't reactions or side effects. If unable to continue the prescription, you won't be stuck with the unusable, expensive pills.

Other good ideas include:

Opening pills over a soft surface. If you drop any, you won't be on your hands and knees searching.

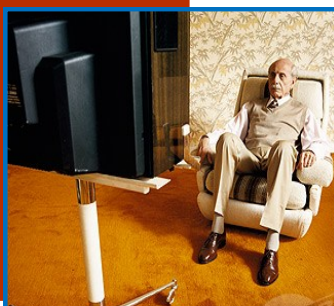
Once meds are taken for the day, turn the bottle over to help remember.

If you have a hard time opening the childproof lids, ask the pharmacist for different lids.

If you and your spouse are both taking the same medication for the same reason, such as high blood pressure, color code the bottles by marking a colored dot; red for her, blue for him, on the bottle. This eliminates the confusion of reading small print to find whose medicines are in which pill bottle.

Pet Peeves of Caregivers

Turn off the television, turn on your life.



Every caregiver has a personal pet peeve; those irritating situations that get under your skin. Here are top hot buttons as told to Caregiving Magazine:

#1. After saving all their lives to be able to care for themselves in later years, parents now refuse to spend money needed for simple home modifications, decent nutritious food or extra in home help that would make a big difference with the extra work load.

#2. Those brain dulling blaring television reports from stations such as CNN, that repeat the same headlines every 10 minutes, which your love one mindlessly sits and listens to over and over throughout the whole day for no particular reason.

Respite for Veteran's Caregivers

As a Family Caregiver, it can be hard to find time for a much-needed break from the daily routine of care responsibilities so that you have some time for yourself. Respite is time for relaxing and renewing your own energy.



For caregiver respite, contact the VA support line.

If a Veteran requires a caregiver, you are eligible to receive up to 30 days of respite care per year. The care can be offered in a variety of settings including at your home or through temporary placement of a Veteran at a VA Community Living Center, a VA-contracted Community Residential Care Facility, or an Adult Day Health Care Center. Respite care may also be

provided in response to a family caregiver's unexpected hospitalization, a need to go out of town, or a family emergency. Caregiving means staying healthy yourself. By taking an opportunity to be refreshed through respite care, you may be amazed at how your fresh outlook will help you and your Veteran.

New services are available for post 9-1-1 caregivers of veterans

How To Increase Stress

Stress is hands down the biggest problem in caregiving. However, you don't have to wait for stress to find you, you can actively create and maintain a high level of stress if you just follow these simple rules:

1. Always put the other person's need ahead of your own. Resentment is fun!

2. Work hard and never stop for a break. Relaxation and recreation can cause precious tension to escape.

3. Hurry up. Compete against the clock. The method is useful because it reduces quality, increases anxiety and leads to a heart attack.

4. Worry particularly about things you cannot change.

5. Keep your emotions to yourself preferably hidden so deep inside that even you are not aware of them.

6. Worry especially about things you cannot change.

7. Be perfect in all ways.

Welcome to New Collaborating Partners

Welcome to our latest new and re-newing collaborating partners. We would not be here expect for your support and assistance:

Valencia Hills Health and Rehabilitation

Savannah Court, Lakeland

Integrity Prosthetics and Orthotics



Weaver, McClendon and Penrod

Palm Terrace, Lakeland



Polk Family Caregivers

1232 E. Magnolia St.
Lakeland, FL 33801

Phone: 863-603-9110

Fax: 863-603-9114

E-mail: info@polkcaregivers.org

Help begins here!



Polk Family Caregivers is a Florida Registered 501c3 nonprofit charity that accepts tax deductible donations to assist in connecting family caregivers to vital information and resources in the Polk community. We provide help and guidance for family caregivers as they work their way through the physical, emotional and financial impact common in family caregiving. Polk Family Caregivers empowers those caring for relatives, loved ones, neighbors and others to act positively on behalf of themselves and their loved ones and join together to remove the barriers impeding health, recovery and well-being.

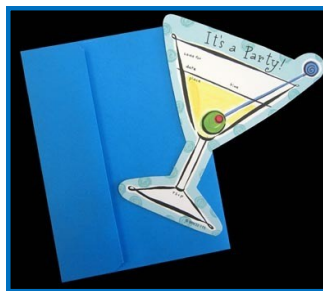
Polk Caregiver Benefit

You don't have to imbibe to join us for the Martini Party Benefit hosted by Board Member Kim Adreadis and her husband Art Tubbs at their home on October 15 at 7:00 PM.

You need not live in a mansion, mingle with the "Rat Pack," have your own limo on standby or have a title after your name to enjoy the wonderful "highfalutin" and very retro upcoming Martini Party Benefit. You bring the spirit and we've got the classy James Bond black-tie setting with three key components: atmosphere, edibles and elixirs for a fun evening built around friends and caregivers who need a little entertain-

ment and a night out.

There will be live music and dashing spies circulating throughout the crowd. There will be canapés, appetizers, dips and dishes and every sort of martini from chocolate martinis to the real kind with an alcohol kick, all for a \$20.00



You Are Invited

October 15

Martini Party Benefit.

Phone 863 603-9110 to RSVP

donation to benefit Polk Family Caregivers.

Their will be a "Shaken, Not Stirred" silent auction with items of art, jewelry, home décor, sports memorabilia and other must have goodies. Start your holiday shopping early and help a good cause at the same time while you sip martinis, mix and mingle and enjoy the party.

Make reservations now. Space is limited since the setting is a private home. Join us for good times, good conversation, good food and a toast to Polk Family Caregivers. See you at the party!